

6 FAM 132.5 Time-Zone Dislocations

Travelers passing through many time zones by high speed planes are subject to physiological and psychological changes that may affect their health or performance of duty. Such travelers flying without interruption, except for flight connections, on a direct route through five or more time zones immediately before arriving at the temporary or permanent duty point should, whenever possible, arrange departure to allow arrival at destination a full day before commencing duty.

When the flight is of such duration that it includes an authorized rest stop as provided in 6 FAM 132.4, the same consideration should be given, provided more than four time zones are transited after the rest stop.

In cases meeting either of these criterion no leave is charged for any part of the 24 hour adjustment period following arrival at the duty point which happens to fall within working hours.

Per diem during the adjustment period is payable to temporary duty travelers, including dependents authorized to travel at Government expense when accompanying employees to temporary duty points in accordance with section 6 FAM 126.4.

In cases where the purpose of the travel is to engage in international conferences, negotiations or consultation with foreign nationals, this adjustment period is particularly important. Officials authorizing such travel should make provision for this adjustment period in all cases, unless prevented by emergency conditions.

In other cases where frequent and continuous travel is an integral part of the work assignment, offices preparing travel schedules should take the time zone dislocation factor into consideration when possible.